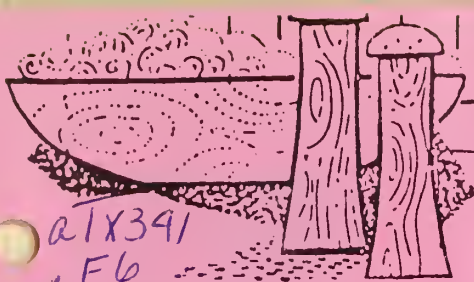


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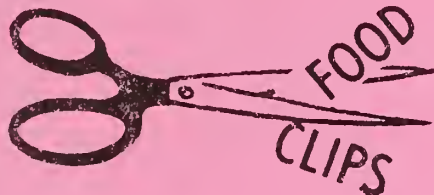
Food and Home Notes

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Did you know that beef and veal are both produced from cattle? The age of the animal is the difference. Veal usually comes from cattle less than 3 months old....and beef from more mature animals----usually 15 to 30 months old, according to U.S. Department of Agriculture marketing specialists.

* * *

"Dried beef" is a cured product (usually treated with salt and sugar) made from the round of beef.

* * *

One pound of boneless cooked meat yields about 3 cups of chopped or diced meat. Plan to use boneless cooked meat in casseroles, salads and sandwiches to "stretch" your budget.

* * *

Cured meats do not keep their high quality long in the freezer. The reason is that the seasonings added in the curing process speed rancidity.

* * *

YOUNG ADULTS

—AND NEW WORK

Unemployed and out-of-school young people will have an opportunity to work in the conservation area under the auspices of the U.S. Department of Agriculture's Forest Service. Known as the Young Adult Conservation Corps (YACC), this new program provides work for young people (16-23) at non-residential projects in several parts of the country.

Debra Sue Urton, 22, Eureka, California, was the first person to enroll in the program. She is now working on timber sale preparation activities on the Klamath National Forest in California.

Another project underway involves six men and four women in reconstructing a water development project. The Department of the Interior (and the States) also employ youths under this joint program administered by the Labor Department. The entire program will employ approximately 22,000 youths during fiscal year 1978.

Other YACC work projects planned by the Forest Service include: tree nursery operations; erosion control and flood damage; wildlife habitat improvements and preservation and range management improvements.

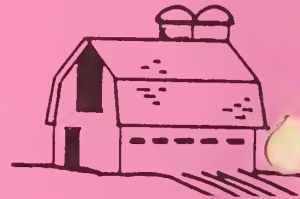
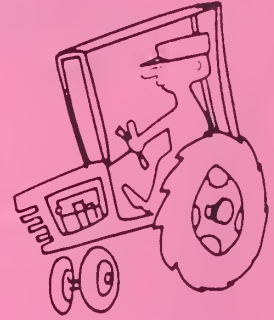
THE FARMER AND CONSUMER — AND MR. IN-BETWEEN

The cost to the farmer for a pound of choice beef is about half of what the consumer pays in the marketplace, according to the Economic Research Service at USDA. On a can of frozen orange juice, it's about a third--but when you get a loaf of bread it's about 12 percent.

The difference between what the consumer pays for an item and what the farmer gets is the farm-to-retail price spread. For beef, it is comparatively low because of the slaughtering which is relatively simple and inexpensive. But for bread it's the reverse. The process involves mixing, baking, slicing and wrapping the bread--and delivering it to the shelves in the marketplace.

In a study of 16 items, the farm-retail price spread ranged from about 35 to 90 percent of the retail price in 1975. For beef, pork, broilers, eggs and butter the farm-retail spread was about one-third of the retail price--the smallest proportion among the 16 items.

However, costs of producing and distributing a loaf of white pan bread accounted for 4/5ths of the retail price in 1975. The farm-retail spread was nearly 90 percent of the retail price of lettuce and over 70 percent of that for fresh oranges and potatoes. For lettuce, transportation costs accounted for one-fifth of total marketing costs and were 1.5 times greater than the farm value.



COST OF FOOD AT HOME FOR A WEEK (OCTOBER 1977)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$23.40	\$31.20	\$39.20	\$47.10
Elderly couple.....	21.00	27.90	34.40	41.40
Family of 4 with preschool children.....	33.00	43.40	54.10	65.00
Family of 4 with elementary school children.....	39.70	52.30	65.60	78.90
INDIVIDUALS*				
Women				
20-54 years.....	9.60	12.80	15.90	19.00
55 years and over.....	8.70	11.60	14.20	16.90
Men				
20-54 years.....	11.70	15.60	19.70	23.80
55 years and over.....	10.40	13.80	17.10	20.70
Children				
1-2 years.....	5.30	6.80	8.40	10.00
3-5 years.....	6.40	8.20	10.10	12.20
6-8 years.....	8.20	10.60	13.30	16.00
9-11 years.....	10.20	13.30	16.70	20.10
Girls 12-19 years.....	9.80	12.70	15.70	18.80
Boys 12-14 years.....	10.90	14.10	17.70	21.30
15-19 years.....	12.00	15.60	19.60	23.60

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home(or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

To CONSUMERS:

ON GRADING ICE CREAM

.....COMMENTS ANYONE??

Should grade standards and a grading system be set for ice cream? Do consumers need--or want--information on the carton to indicate the quality characteristics of ice cream? New minimum standards that reflect the kinds of ingredients that may be used in the composition of ice cream have been set by USDA but, ice cream can be produced in a wide range of quality above this minimum.



USDA's Food Safety and Quality Service now requires continuous inspection during the manufacture of ice cream because there is no test which can be made on finished ice cream to determine the source of milk protein. This inspection is voluntary and is provided for a fee; plants must meet USDA sanitary requirements.

Under the USDA standards, ice cream must: Contain at least 1.6 pounds of total solids per gallon, and weigh at least 4.5 pounds per gallon. It must contain at least 20 percent total milk solids, constituted of at least 10 percent milk fat and at least 6 percent milk solids, not fat. Whey, by weight, can be no more than 25 percent of the milk-solids-not-fat.

The question is.....do consumers feel that grade standards and a grading system would be useful in purchasing ice cream? Your comments may be sent before January 1, 1978---in duplicate please---to the USDA Hearing Clerk, Room 1977-S, USDA, Washington, D.C. 20250.

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